RUPERT TWINS HIT THE ICE RUNNING

LONDON KNIGHTS' IDENTICAL TWINS, MATT AND RYAN RUPERT, WASTE NO TIME IN EXHIBITION PLAY PAGE 4

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Deforest City

Ash in danger.
Tree-killing insects will cost London $14 million: City official

The emerald ash borer will be deadly to the Forest City's ash trees and costly to Londoners.

"We expect that the total cost to the city for removals, replanting and administration will be approximately $14 million," said Ivan Listar, manager of urban forestry for the City of London.

The forestry operations department is expected to begin culling 10,000 ash trees on city property this month before the trees are killed by the invasive insect's larvae.

"Approximately 10 per cent of all trees in London are ash," said Listar.

The ash trees will be replaced with other species, but it will take decades for the newly planted trees to grow tall enough to replace the shade provided by mature ash trees.

Some ash trees deemed integral to their area, like the four large ones in Victoria Park, have been treated with TreeAzin injections to protect them.

TreeAzin kills emerald ash borer larvae and adults, but it isn't a long-term fix.

"It does not make the tree immune like a flu vaccination," said Listar. "It only stays effective in a tree for up to two years. For long-term protection, you need to inject the tree every two years at the least."

With the spread of the emerald ash borer, Listar estimates an eight per cent decrease in leaf cover across London with the eventual loss of the ash trees.

"The city has approximately 10,000 ash trees on boulevards and in manicured portions of parks," he said. "Almost all of them will be removed over time."

That number doesn't include the ash trees on private property. Homeowners are encouraged to look after their own ash trees, either by paying for TreeAzin injections or removing infected trees before they die.

TreeAzin is not available at local garden stores and only people with the proper certification are permitted to inject it.

A list of certified companies can be found at bioforest.ca.

The emerald ash borer is native to eastern Asia but was accidentally introduced to North America in the 1990s.

Since then, it has swept across the northern United States and southern Canada, wiping out all species of ash in its path. It does not harm other types of trees.

JOSH ELLIOTT/FOR METRO

Quoted

"Almost all of (London's ash trees) will be killed in the next five to 10 years."
Ivan Listar, Manager, Urban Forestry

FROSH WEEK FUN

Mabin Maroney, 21, of Chatham, a fourth-year student at Western University, lends a helping hand Monday outside Elgin Hall as the final round of new students are welcomed to residence. Western has 6,000 incoming students this year and has a full lineup of Orientation Week events planned, including a celebration of diversity featuring performances from the likes of musician Steven Page on Wednesday. ANGELA MULLINS/METRO

Picnic unites community

Labour Day picnic focuses on fun, but also highlights connection between unions and the public PAGE 3

Sheepdogs aim to exceed expectations

Saskatchewan rockers release fourth album PAGE 8

Blue Jays shut down at home

Toronto musters only three hits against Orioles' pitcher Joe Saunders in 3-0 loss PAGE 17

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WELCOME BACK TO SCHOOL

Yes, we're here in our classrooms to welcome students as we always said we would be. Minister Broten and Premier McGuinty were the only ones who suggested otherwise.

How else have they been misleading you?

A Quick Back-To-School Quiz

Teachers refuse to negotiate.

☐ TRUE ☑ FALSE

We have said to the minister on many occasions that we are ready to negotiate if the process is fair and all issues are on the table.

All the government is asking teachers for is a two-year pause in their salaries.

☐ TRUE ☑ FALSE

It's not a pause. It's a two-year pay cut with permanent cuts to negotiated benefits. The government is threatening more cuts in 2014.

If the government doesn't legislate contracts, teachers will receive a 5.5% wage increase.

☐ TRUE ☑ FALSE

Only 40% of teachers will receive an increase – those who do, have earned it for additional qualifications through courses that they paid for or are newer teachers still gaining experience.

The government respects collective bargaining rights.

☐ TRUE ☑ FALSE

Bill 115, the government's teacher contract law, ignores existing collective bargaining and human rights legislation, imposes contracts, and takes away the right to strike.

If the government succeeds in taking away bargaining rights from education workers, they can do it to anyone.

ETFO members want fair collective agreements, good schools, and resources that meet the needs of their students.

☑ TRUE ☐ FALSE

For more information go to www.etfo.ca/WelcomeBack

A message from the Elementary Teachers' Federation of Ontario

More than a day in the park

Labour Day. Picnic highlights connection between unions and the community

ANGELA MULLINS
angela.mullins@metronews.ca

The labour movement is about much more than supporting workers, said Patti Dalton, president of the London and District Labour Council.

It's also about fighting for social justice in — and giving back to — the community at large.

That message was at the forefront as people packed into Thames Park to mark Labour Day and take part in the labour council's annual community picnic.

Featuring clowns, face-painting and free food, the picnic was focused on fun. But unions are joining with others to highlight the results of cuts at the federal and provincial levels.

A provincial battle that threatens to impose a contract on teachers rather than allowing collective bargaining to take its course, corporate tax breaks, union layoffs written into the federal budget and funding cuts for social-service programs are all examples of the problem, union leaders say.

"This is all part of the austerity agenda," Dalton said.

What some consider direct impacts of the "agenda" are spelled out in a report dubbed Falling Behind.

Released last week by the Ontario Common Front — a coalition including unions and community groups — the report compares key statistics from Ontario to those in other provinces, ranking Ontario last in various aspects, such as funding for social-service programs.

It also highlights other problems like Ontario's rapidly increasing gap between rich and poor, which is outpacing other provinces, and showcases a poor provincial record for investing in affordable housing.

A local Common Front coalition has been working quietly behind the scenes for months and is organizing a large people's assembly next month in London to focus on the problems, President Dalton said.

"We are very concerned about the rise in poverty," she said. "We're fighting a really, really critical battle right now with the federal and provincial governments."

Follow Angela Mullins on Twitter @MetroAngela

To read more

Falling Behind, a report prepared by the Ontario Common Front, is available at weareontario.ca.

- The Common Front is a coalition of more than 90 groups with a variety of voices, including health-care advocates, students and non-profits.

Londoners Jim Kennedy, left, Marni Harrington and Stewart Wise prepare hot dogs for the masses during Monday's London and District Labour Council picnic in Thames Park. The event, marking the connection between community and the labour movement, is a Labour Day tradition. ANGELA MULLINS/METRO

No life-jacket

Search resumes on Lake Huron for missing swimmer

A search resumed Monday for a missing swimmer on Lake Huron, just north of Grand Bend.

Lambton OPP say two men, who were not wearing life-jackets, got into trouble in waves and wind when they went swimming off a pleasure boat Sunday afternoon.

One man was rescued by passengers on the boat, but the second slipped underwater. THE CANADIAN PRESS

Under investigation

Garage fire causes extensive damage to home

A fire overnight Sunday has caused an estimated $50,000 in damage to a London home.

At around midnight, fire crews were called to a house on Cherry Street, just north of Labatt Park. Upon arrival, crews found flames coming from a detached garage and reaching to the second storey and roof.

No one was injured. The cause of the fire is under investigation. AM980/AM980.CA

Warm streak

Environment Canada: Summer sticking around

The end of Labour Day weekend marks the unofficial end to summer, but don't put away your shorts just yet.

Environment Canada is saying the warm streak will continue for another few weeks. "Our models are showing, for the next 10 days, warmer than normal (temperatures) for September," said Environment Canada meteorologist Dave Phillips. AM980/AM980.CA

Two others injured

Girl, 9, critical after minibike gas ignites

A nine-year-old Woodstock girl was in critical condition after suffering serious burns while attempting to drain gas from a minibike.

Woodstock police say the girl and two boys, aged 14 and 15, were trying to transfer the gas from the bike to another source on Saturday.

While doing this, the gas ignited and all three suffered burns. THE CANADIAN PRESS

CIS season underway

Western wins football opener

The Western Mustangs opened the Canadian Interuniversity Sport football season Monday with a 54-10 win over the Warriors at the University of Waterloo.

Western quarterback Donnie Marshall completed 18 of 25 passes for two touchdowns, while Garret Sanvido ran for 144 yards and three TDs. Tyrell Reid also rushed for two touchdowns, while Justin Sanvido had nine receptions for 161 yards and a pair of TDs. METRO

SMEN 1

Mobile news

Now your four-legged friend can sweat up a storm by your side thanks to the new trend called dogs-er-cizes. Scan the code to learn more.

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They're back: Rupert twins waste no time getting comfortable again

Knights. Matt Rupert tallies two goals, while brother Ryan gets booted out of exhibition game

JOHN MATISZ
john.matisz@metronews.ca

London Knights forward Matt Rupert — half of the team's twin connection, Ryan is the other — steps over a Kitchener Rangers player in a 2011-12 playoff game. The team is looking for the duo to make a big impact this season. JOHN MATISZ/METRO FILE

It was almost as if they were making up for lost time.

The London Knights' identical-twin connection, Matt and Ryan Rupert of Grand Bend, got reacquainted with their gutty style of play over the first weekend of the 2012-13 campaign.

Summer's over, and you'd be hard pressed to find happier Knights players about that fact.

"It's the Highway 402 battle, 'Ya know, it doesn't stop — not even in the preseason," Matt said, toothless grin and all, following an 8-2 exhibition game win over the Sarnia Sting on Friday.

In the decisive victory, Matt potted two goals, while his brother was ejected for some late-game fisticuffs. Throughout the affair, both could be seen jawing at the opposition after the whistle and not thinking twice about going full force into the dirty areas during play.

It was, plain and simple, Rupert twins personified.

"You've got to keep every game as it is," Matt said, adding, "(Sarnia) doesn't really like us and we're not going to back down. It's going to be a fun season, playing them so much."

In late June, the Toronto Maple Leafs selected Ryan in the NHL draft with their sixth-round pick, 167th overall. General manager Brian Burke, known for adoring truculent players cut from the same cloth as the Ruperts, couldn't resist inviting Matt to the squad's development camp as well.

Now, that it's September and hockey becomes a part of their daily routine, the pair is eager to improve upon breakout sophomore seasons last season. Matt finished with 12 goals and 35 points in 48 games, while his brother collected 17 and 48 in 63.

While the strong-willed, rough-and-tumble forwards will have to wait a few weeks before getting a better idea of how much ice time head coach Dale Hunter is willing to fork out to the Ruperts, Knights assistant coach Jeff Paul says it'll be fair nonetheless.

"I think Dale and Mark Hunter have proved over the years that everything you get here is earned," he said. "(The Ruperts) have a competitive edge that you absolutely can't teach, and it doesn't go unnoticed here."

Monday's action

The London Knights dropped a 6-2 decision to the Sting in Sarnia on Monday, falling to 1-2 on the pre-season. Jack Nevins and Chris Tierney scored for London. The Knights return to action Friday as they host the Plymouth Whalers.

Paralympics. Coach focuses on defence

Forest City's Paul Bowes, one of Canada's top wheelchair basketball coaches, is in England acting as assistant head coach of the men's national squad at the 2012 Paralympic Games.

Paul Bowes CONTRIBUTED

Taking place at many of the same venues as the Summer Olympics, the 2012 Paralympic Games are a 163-country showdown that offer a plethora of world-class competition.

Bowes says the Canucks are a "very fit, very talented" group. Led by head coach Jerry Tonello, the Londoner focuses on defence.

Team Canada's wheelchair basketball club flew to Europe as a medal threat. And now, at 5-0, Canada has clinched first place in its pool and advanced to the quarter-finals on Wednesday.

Bowes, an able-bodied coach who fell in love with the two-wheeled sport when introducing his stepson to it in 1985, is a stalwart in the local wheelchair basketball community, too.

"I bring a sense of humour to the coaching, as well as a seriousness," Bowes said. "My philosophy has always been encourage, not discourage. Earning their trust was a big thing."

JOHN MATISZ/METRO

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Muslim cleric may face charge of insulting Islam

Pakistan. Religious leader allegedly tried to frame a Christian girl by stashing pages of Qur'an in her bag

Pakistani police are investigating whether a Muslim cleric who allegedly tried to frame a Christian girl for blasphemy should be charged with insulting Islam himself and potentially face life in prison, a police officer said Monday.

Khalid Chisti was arrested Saturday after a member of his mosque accused him of stashing pages of a Qur'an in a Christian girl's bag to make it seem like she burned the Islamic holy book. He allegedly planted the evidence to push Christians out of his neighbourhood in Islamabad. He has denied the allegations.

The case has generated significant international attention because of reports that the girl is as young as 11 and is mentally handicapped.

Human rights activists have long criticized Pakistan's harsh blasphemy laws, saying they are misused to persecute non-Muslims and settle personal vendettas. They have hailed Chisti's arrest as unprecedented and hope it will prevent false blasphemy accusations in the future.

More immediately, they have called for the release of the Christian girl, who has been held in prison for over two weeks.

She will remain in jail until at least Friday after her bail hearing was postponed for a second time Monday, said her lawyer, Tahir Naveed Chaudhry.

THE ASSOCIATED PRESS

Harsh blasphemy laws

- A separate section of Pakistan's blasphemy laws says insulting Islam's Prophet Muhammed carries the death penalty.
- People accused of blasphemy, even those who aren't convicted, often face vigilante justice by outraged Pakistanis. A Pakistani man accused of blasphemy in July was dragged from a police station in the centre of the country, beaten to death and his body set on fire.
- Christians in the girl's neighbourhood left the area en masse as soon as the accusations surfaced, fearing retribution from their Muslim neighbours.

Nigerian drug bust

Chicken, stuffed with ... cocaine

The chickens had an unusual stuffing — $150,000 worth of cocaine, police said. The accused was arrested over the weekend at the airport in Lagos, Nigeria, after he came in from Sao Paolo, Brazil with 2.6 kilograms of cocaine. THE ASSOCIATED PRESS

The Green Mile actor

Michael Clarke Duncan dies at 54

Michael Clarke Duncan's fiancée says the Oscar nominee died Monday while in hospital after a July heart attack. THE ASSOCIATED PRESS

Police investigating

Centre in Cairo allegedly hosted Satan worshippers

A heavy metal concert has prompted a police probe after a lawyer claimed it was attended by Satanists at a well-known Egyptian cultural centre. A Muslim Brotherhood lawyer filed a suit accusing the centre of hosting people wearing black T-shirts and holding Satanists' drawings. THE ASSOCIATED PRESS

Cyclist raises money for cancer in national ride

KATE WEBB
Metro in Vancouver

Diane Klich was sitting on the fence about whether she was up to the gruelling task of cycling across the country to raise money for childhood cancer research when she happened to email an old friend who lives in New York City to say Happy New Year.

The most she had ever cycled then was 60 kilometres, riding at about 20 kilmetres per hour, and with no fundraising experience, the minimum $25,000 pledge to enter the fifth annual Sears National Kids Cancer Ride was equally daunting.

Then her university pal sent a heart-stopping reply: his two-year-old daughter was battling leukemia.

"It was a sign," said the 37-year-old from Toronto.

Klich will depart on the 17-day journey from White Rock, B.C. with more than 50 other cyclists from across the country on Wednesday.

Her ambitious goal is to raise $100,000 through donations and in-kind sponsorships. As of last week she was just over $30,000 short.

Diane Klich, seen here outside the Telus World of Science in Vancouver, will depart White Rock with more than 50 other cyclists on the 17-day cross-country Sears National Kids Cancer Ride Sept. 5. KATE WEBB/METRO

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Starting at age 21, collagen diminishes by 1% per year. By age 30, signs of reduced collagen on skin, hair and nails become visible, not to mention the increase risk of fracture for bones.

Say the words "healthy bones," and the first word that probably pops up is calcium, but did you know that bones are made up of 30% collagen? Collagen provides strength and flexibility to bones. When collagen diminishes – your risk of fracture increases!

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Teachers get failing grade

Private Career Colleges. Complaints of unprofessional teachers and more: Documents

Complaints filed by students about some of Ontario's private career colleges allege that harassment from teachers, inadequate instruction and lack of proper equipment are hurting the quality of education at these increasingly popular institutions.

"The teacher is very degrading and belittling of her students on a daily basis," reads a complaint from a student at Everest College's Mississauga campus.

Among the complaints are numerous allegations that instructors behaved unprofessionally or lacked knowledge.

There are also claims that some schools didn't have the equipment needed for certain training programs and that instructors at several institutions didn't provide the amount of instruction time promised.

The documents, obtained by The Canadian Press through a freedom-of-information request, outline 47 formal complaints made by students to Ontario's Ministry of Training, Colleges and Universities in 2010 and 2011.

The bulk of the complaints — about 36 per cent — were about Everest College, which has some 5,000 students and operates 16 campuses in the province.

THE CANADIAN PRESS

Registered students

- There are more than 67,000 students attending registered private career colleges in Ontario, according to the provincial government.
- In B.C., some 50,000 students are enrolled in registered private career colleges, while Nova Scotia has just over 3,000 students attending such schools.

Murdoch protege in court

Rebekah Brooks, former chief executive of News International, arrives at Westminster Magistrates Court in London on Monday. The Rupert Murdoch protege has been formally charged with conspiring to hack into the phones of hundreds of well-known people and their associates. Brooks, who quit her position when the phone-hacking scandal exploded last year, has vowed to fight the charges.

SANG TAN/THE ASSOCIATED PRESS

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Sweden

Hackers jam government, military websites

Swedish government websites were jammed by hackers for hours Monday, with some supporters of WikiLeaks founder Julian Assange claiming responsibility on Twitter.

The websites of the Swedish government, armed forces and the Swedish Institute experienced problems. Niklas Englund, head of digital media at the Swedish Armed Forces, said it was unclear who was behind the attack.

THE ASSOCIATED PRESS

Kenya

Nearly 280,000 teachers strike

Union organizers say nearly 280,000 teachers in Kenya are staying away from work to demand long-overdue pay raises. Wilson Sossion, chairman of the Kenya National Union of Teachers, said Monday that its 240,000 members did not report to work, responding to a call to strike by the union. The Kenya Union of Post Primary Education Teachers said its 38,000 members did not go to work on Monday.

THE ASSOCIATED PRESS

SUMMER BUMMER — THE SEASON THAT CAME AND WENT TOO SOON

SHE SAYS...
Jessica Napier
metronews.ca

They say that the third Monday in January is technically the most depressing day of the year. Of course, Blue Monday is actually just the result of a pseudo-scientific equation devised for a travel company as a way to sell post-holiday getaway packages. Personally, I think today, the Tuesday immediately following Labour Day, might have Blue Monday beat on the gloom-o-meter. Let's call it, 'Weep all over your Keyboard Tuesday.'

Every year, the Labour Day long weekend comes and goes as a bittersweet farewell to summer. After a three-day final hurrah, it's time to roll up those picnic blankets, stow away the denim shorts and wake up from our collective summer dream that has filled the past few months with warm breezes and cool cocktails.

Stuff your knapsack

Back-to-school isn't just one day; it's a month-long season stretching out between the end of summer and thanksgiving. There is a shift in the atmosphere right now — the world is getting a little more serious as the rat race begins again.

Even though most of us haven't seen the inside of a classroom in years, September will always feel like back-to-school time. A period of new beginnings, freshly sharpened pencils and pristine, blank Hilroy notebooks. Wait, do kids still use notebooks? Am I dating myself here?

The majority of individuals entering college for the first time this September were born in 1994. I know, as someone who is still under 30 I'm not technically allowed to feel old, but that fact makes me feel relatively archaic.

But I digress.

Back-to-school isn't just one day; it's a month-long season stretching out between the end of summer and Thanksgiving. There is a shift in the atmosphere right now — the world is getting a little more serious as the rat race begins again.

Today, you will return to normality and have the same water-cooler conversation over and over again about how quickly the summer flew by. Rationally, we all know it came and went in the exact same number of days and hours that it always has, but our collective groaning and post-Labour Day dialogue is just part of the grieving process.

In the spirit of back-to-school shopping and commerce-curing emotional anguish, I felt compelled to shop for a fresh new outfit. I tried to cheer myself up with a back-to-work ensemble, but all the burgundies and browns and classroom-themed window displays sent me running back to my wardrobe to clutch my floral dresses in despair. I can't let go, it's too soon.

As the vitamin D deprivation sets in, I will try my hardest to get excited for pumpkin spice lattes and apple picking, but I know that part of me will always be yearning for humid air and endless daylight.

I guess we would never appreciate the warmth of summer without the cool breeze of fall.

A post-Labour Day groan underpins many conversations starting today.
DOMINIC LIPINSKI/THE ASSOCIATED PRESS

Another prince makes headlines

GETTY IMAGES PHOTOS

Don't look down

Duke of York takes a stroll

After Prince Harry's adventures in Vegas, another member of the royal family gets into trouble.

At least Prince Andrew had chosen to be a spectacle, with this daring abseil down London's Shard — the tallest building in Europe.

The daredevil Duke of York performed the stunt for educational charity The Outward Bound Trust, along with Ffion Hague — a fellow trustee and wife of the foreign minister — and several other participants.

Former pilot Andrew revealed he had the Queen's approval.

METRO

All smiles: Prince conquers Shard

Royal stunts

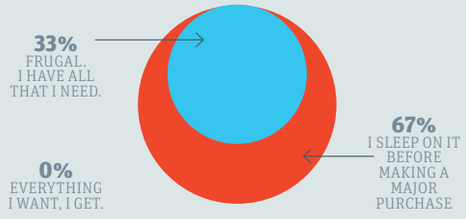
Andrew not the only thrill-seeker

- **Prince William.** Harry's brother landed a helicopter in his girlfriend's garden in 2008. The army described it as "sheer stupidity."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's your shopping style?



Twitter

@paisley_girl73: *YAWN* slowly waking from my Twitter hibernation. May take me a couple days to adjust to all of the activity...

@ShannonKarleen: The Bourne Legacy vs The Campaign... and go! :D

@notstephenorser: #Protip: Don't look a sheep directly in the eye. They can smell your fear. #thisismyfair #so-callmemaybe #ldnont

@VirginTimTebow: #ldnont ending the street parking on sept 4th is like grocery stores putting out Halloween candy in August....oh wait.

@sammidomingues: Can't wait to go #backtoschool, never thought I'd say that. #Fanshawe

@NikoSak_5OFC: Last day of summer 2012. New chapter begins tomorrow. Bye #UWO, hello #Fanshawe.

metro

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SCENE 2

DVD reviews

The Five-Year Engagement

Director. Nicholas Stoller

Stars. Jason Segel, Emily Blunt

●●●○○

The Five-Year Engagement pairs actors Jason Segel and Emily Blunt in a believable story about how fate and career choices can get in the way of best-laid plans, including marriage. Director Nicholas Stoller guided Segel in Forgetting Sarah Marshall and shares writing credits with him here. But it's producer Judd Apatow who keeps this frothy film from hitting it out of the rom-com ballpark. To Apatow, any joke worth doing is worth doing two or three times. You like that karaoke scene where the moron pal sings off-key embarrassing stuff? Get ready to see versions of it again and again. Engagement has a few good laughs and some home truths about the difficulties of maintaining personal relationships. Segel and Blunt are convincing as star-crossed lovers Tom and Violet. It's particularly good to see Rhys Ifans cast against type as Violet's reptilian boss. Now if only Apatow had a pair of scissors.

PETER HOWELL

Safe

Director. Boaz Yakin

Stars. Jason Statham, Catherine Chan

●●●○○

After charming and inspiring multiplex hordes with his Uptown Girls and Remember the Titans, writer/director Boaz Yakin goes darker with the genre flick Safe. Luke Wright (Jason Statham) meets 11-year-old Chinese math whiz Mei (new face Catherine Chan) in the subways beneath Manhattan's gritty streets. Mei's on the run from evil Chinese gangsters who kidnapped her to use her as a human computer. She's also fleeing rival Russian mobsters and corrupt NYPD cops. What a coincidence. Tight-lipped Luke is hot-footing it from the same Russians and soon will be evading the Chinese baddies, too. Don't look for much of a story in this actioner.

PETER HOWELL

On the web

Pearl Jam closes Made in America festival with help from Jay-Z; Drake, Run DMC also perform.

The Sheepdogs recorded their latest material in Nashville. GETTY IMAGES

Sheepdogs don't stop at Rolling Stone cover

New album. Saskatchewan rockers release fourth album and cast their eyes to a southern invasion

IAN GORMELY
scene@metronews.ca

With all due respect to Dr. Hook, there's far more to the Sheepdogs than a picture on the cover of the Rolling Stone.

The Saskatoon rockers hope to meet — or, says lead singer and guitarist Ewan Currie, exceed — expectations of the band with their new self-titled album.

While the quartet have exploded at home in Canada, in the U.S., they're still just that band who won a fan-voted contest that landed them the cover of the venerable magazine.

"Like, who are these guys, some American Idol thing?" jokes Curries of the band's image down South. "But I'm fully confident that we can back it up."

As he should be. The band's latest album, their fourth, was produced by the Black Keys' drummer Patrick Carney and marks a great leap forward for them, stepping out from behind their influences to showcase their tremendous sense of pop song craft.

The band met Carney at a festival in New York last year, and from the get-go it was clear that the drummer was looking beyond a cursory meet and greet.

"He was very interested to know what we were going to do for our next album," recalls Currie.

"It was more than a casual question.

"I was like, 'Why are you so invested.'"

Never one to look a gift horse in the mouth, the band asked Carney if he was interested in producing their follow up to 2010's Learn and Burn. At first Carney declined due to scheduling conflicts, until a two-week window opened up this past January.

The band quickly assembled the material they had and headed to Nashville to record.

"It was as rushed, as is everything else we've done in the last year and a half, but I don't think we felt like we made it under any sort of duress," says Currie.

"You could crumble under that pressure or you could let it galvanize you. And that's what we did."

Penning tunes

Old is new again

Since the Rolling Stone cover contest, the Sheepdogs have been on a whirlwind schedule of gigs, appearances and press commitments, leaving them little time to write. Currie would demo new material on his laptop and then send tracks to Carney for feedback. The band brought several older songs to the sessions including the track Never Gonna Get My Love, which the band originally recorded four years ago but never released.

Eric McCormack in Perception. HANDOUT

Eric McCormack's new character is no Will Truman

Perception. Toronto-born actor plays a paranoid schizophrenic neurological science professor in new series

IAN GORMELY
scene@metronews.ca

Playing the same character for eight years is bound to typecast any actor in certain people's eyes.

But Eric McCormack hopes the audience's affection for Will Truman will carry over to his newest character, Daniel Pierce, a paranoid schizophrenic neurological science professor, on the Bravo program Perception.

In the series' pilot, which premieres Wednesday, a former student, played by Rachel Leigh Cook, who now works for the FBI comes back and gets him to work on cases with a neurological bent. "It's a total fish out of water situation for him," says McCormack. "It's out of his comfort zone."

It's also outside of the kind of characters audiences are used to seeing McCormack play.

"With a character like this, you need some gravitas, but you also need some lightness," he says, certainly something he brought to the table playing one-half of the titular roles on Will & Grace. "You want someone that the audience has a comfort level with. We're asking a lot. Forget the gay sitcom lawyer. This is entirely different."

The appeal of Pierce for McCormack is the idea of a person for whom the brain is everything, yet he has no control of his own mind. "I think (that) made it really fertile ground."

Born in Toronto, McCormack cut his teeth at Stratford, performing King Lear in the afternoon, and Twelfth Night in the evenings.

"You're constantly asking the actor to believe the same actor in different roles," something he says television doesn't do enough of.

Yet he recognizes that for some people, he'll never live down his most famous role and that's just fine. "There will always be people who go, 'You'll always be Will to me,' but that's OK," he says. "There's some good to that too."

Friendship

Actor's affection for TNT

Perception was developed by TNT in the United States, where the program has already premiered and been renewed for a second season.

McCormack got the part through his friendship with network president Michael Wright, who the actor describes as "one of the nicest execs I've ever met."

He previously appeared in the short-lived drama aired on the channel during the 2009-2010 season. Since then the pair had been looking for a new project to collaborate on.

McCormack's affection for the network comes from its artist-friendly approach. "[Wright] allows artists and producers to have free reign. There's very few notes and a lot of support. It's a nice place to call home."

Canadian actress takes big opportunity on the small screen

World Without End. Sarah Gadon has no regrets on working on Ridley-Scott-produced mini-series

Sarah Gadon in World Without End. HANDOUT

Working in film, with producers seeking you out is any actors dream. So why on earth would someone in this position take a role on TV?

For Toronto native Sarah Gadon, starring in the upcoming television mini-series World Without End, the answer was simple.

"They wanted to make it like a feature, not like episodic television," she explains. "[Producer Rola Bauer] said, 'I know you want to focus on your feature film career right now, but if you can drop in for these two months, you won't regret it.'"

She didn't. The eight part series, executive produced by Ridley Scott and his late brother Tony, is a sequel to the acclaimed Pillars of the Earth. Both are based on historical drama novels written by Ken Follett. The German-Canadian co-production premieres Tuesday on ShowCase.

Gadon's character, Philippa, is a young person who's married into nobility.

"She's a carefree young woman," says the actress. "She's at the peak of her happiness." But as the infatuation of a fallen noble's son intensifies, her life begins to unravel."

It's a fate that besets most of the series' female characters, a symptom of its fourteenth century setting. "Each woman opens up on what being a woman at that time was like," she says. "It's a really interesting perspective."

Although she'd already read Pillars of the Earth prior to getting involved, Gadon, who also studies film at the University of Toronto, opted not to read World Without End before filming, a tip she picked up from director David Cronenberg, with whom the actress made both A Dangerous Method and Cosmopolis.

"He said it never really services you," she says. "It always informs your choices when you're trying to create something different with a completely different medium."

IAN GORMELY/FOR METRO

Gadon's character

- The look of Gadon's character was inspired by Pre-Raphaelite painters, a group of 19th century artists who rejected the techniques of post-renaissance art.
- "Pale skin, high rose cheeks and that very tight, curled hair. Very Italian," she says of the women in their paintings.
- On top of working with a dialect coach to perfect her British accent and a dance teacher, Gadon had to wear a massive wig worth 6000 British pounds to replicate this look. "It was two wigs of human hair sewn together."
- It was so effective that even Gadon didn't recognize herself, which, she says is just fine. "I love being a bit of a chameleon."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Prince Harry GETTY IMAGES

British beautician gives some insider info on the royal jewels

If photos of Prince Harry's wild naked party in Las Vegas last month aren't enough, British beautician Carrie Reichert is more than happy to share some details of that wild night. Reichert was invited up to the prince's suite along with nine other women for the evening's festivities, she reveals in an interview with Britain's the People. "Harry was already undressed. It was just crazy. He looked actually delirious," she remembers. "He would just randomly walk up to you and hug you. He was just really friendly and there were just really random naked hugs. It was funny." But hugging wasn't all Reichert says she got up to with the royal, as she claims she at one point found herself alone with Harry. "We kissed. He was naked at the time, and pretty open. It was a drunken fumble. It wasn't romantic, just fun," she says.

Kylie Minogue GETTY IMAGES

Kylie Minogue loves the glamour that comes with fame

Kylie Minogue has been at the pop star business for a while, but she's never gotten used to some of the trappings of fame — like limousines. "I find them embarrassing," she tells the Independent. "I'm like, 'Please don't send a limousine!'" Minogue admits that being famous has given her the chance to work out whatever glam desires she may have. "I love to have this glamorous life sometimes, and if I didn't have any of that, I would probably be dressing up a bit more each day or going out on the weekend and making a real effort. But I get to live out those fantasies on stage, in videos or photo shoots."

The Word

Klum's spurned ex won't keep lips 'sealed'

MONICA WEYMOUTH
scene@metronews.ca

When photos surfaced of Heidi Klum vacationing with her bodyguard, Martin Kristen, in Italy over the weekend, it didn't quite look like anyone was on the clock. Klum's ex-husband, Seal, was more than happy to confirm the rumors.

"I would have preferred Heidi show a little bit more class and at least wait until we separated first before deciding to fornicate with the help, as it were," the singer told TMZ when asked for a comment on the photos, which show Kristen and Klum with their arms around each other.

"But I guess you now all have the answer that you've been looking for for the past seven months."

Usually, we'd feel gross still talking about a couple who separated almost eight months ago, but you'll remember that these two made us watch as they renewed their vows every year. Plus, they have "help" to "fornicate" with — they'll be OK.

Clint Eastwood THE CANADIAN PRESS

Obama's still a fan of Clint Eastwood after GOP convention ribbing

Pundits may be scratching their heads after Clint Eastwood's bizarre rant against President Barack Obama at the Republican National Convention, but the U.S. President himself isn't mad at the famous actor and director. "I am a huge Clint Eastwood fan," Obama told USA Today. "He is a great actor and an even better director. I think the last few movies that he's made have been terrific." And as for whether he found Eastwood's remarks offensive? "One thing about being president or running for president — if you're easily offended, you should probably choose another profession," Obama says.

Russell Crowe GETTY IMAGES

Crowe gets a little coast guard help during kayak excursion

Russell Crowe got an assist from the U.S. Coast Guard while kayaking off the coast of Long Island over the weekend when nightfall forced Crowe and a pal to come ashore 15 kilometres east of where they'd set out, according to the Associated Press. "It wasn't really a rescue. Really, more of just giving someone a lift," says Coast Guard officer Robert Swieciki, who heard Crowe yelling around 10 p.m.

Twitter

@ParisHilton
Fun #GirlsNightOut at M2 in #Shanghai last night! #Models&Bottles ;)

@BetteMidler
Made @juliachilds clafoutis w/our own blueberries. Looks-3, taste 10. Ate it all. Rolling in my sleep.

@billmaher
Leaving Leno taping — still fun to do the Tonight Show after all those years; but will I watch it tonight? I never watch myself!

@BobNewhart
Performing standup is a narcotic that I need — even if I do it a few times a year. Traveling is inconvenient but worth it to make people laugh

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LIFE

New blog

Editor aims to lose half of herself

Metro Winnipeg Managing Editor Elisha Dacey.
BERNICE PONTNAILLA/METRO

Two hundred ninety-five.

Spelling it out makes it seem even worse. Either way, 295 is the scariest number I've ever written.

It's the number my little white scale flashed at me the last time I stepped on it. I think I heard it sigh in relief when I stepped off. Or, it could have been my knees creaking. Hard to tell.

When I pitched this idea to my boss, I never thought about the fact that this number was going to be out there. Across Canada. Across the Internet. The judgment that number sets me up for scares me.

Today, I aim to become less of myself. Because they make you pick a number, mine is 145 pounds – or, half the weight I am today.

My tools: An online subscription to WeightWatchers.ca after my doctor recommended it, a blog that will run twice a week on Metronews.ca, and my running shoes. Which have never been used for actual running and never will, because running sucks.

I will eat real food. I'm doing this the right way, because I don't ever want to do this again. Also, because I'd rather die than give up chocolate.

Join me, because if I, a workaholic mother and wife can do it, so can you.

ELISHA DACEY'S BLOG, HALF OFF, WILL RUN EVERY TUESDAY AND FRIDAY ON METRONEWS.CA.

Doctors are considering new methods of treating cancer in which each specific case is treated uniquely based on its characteristics. ISTOCK

Cancer care unequal around the globe

Research. World Congress considers unique treatment of each patient, and the state of global cancer research

CELIA MILNE
life@metronews.ca

Not all cancer care is created equal.

That was one of the resounding messages from last week's World Cancer Congress in Montreal, which brought together more than 2,000 cancer experts from around the globe.

"We have made great strides in cancer control," Canadian expert Dr. Elizabeth Eisenhauer told Metro. "But contrast this with places where people are dying of cancer without any pain medication."

Eisenhauer was one of the speakers at the Congress. She is the director of oncology at Queen's University and Kingston General Hospital, and co-chair of the Canadian Cancer Research Alliance.

Right now in cancer research, there is a lot of buzz about identifying groups of patients that will benefit from certain medications based on their pathology results. An example of this is in breast cancer, where about 20 to 25 per cent of patients qualify for cancer drug Herceptin because their cancer is HER-2 positive.

The next frontier — which Eisenhauer says is still a long way away — is to be able to treat each patient uniquely. So while cancer treatment is getting more precise, it's not yet personalized. "What people are getting excited about is taking the tumour and doing genetic sequencing and finding drugs for those five or 10 mutations that are unique to that individual," she says.

While wealthy countries reported great scientific progress, the news from poor countries was sobering.

"Even though there is lots to be done in cancer control in Canada, there is much more to be done globally. There is a lot of suffering that doesn't happen here."

Best Health. Canada's Jamie Oliver lives in Stratford, Ont.

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Did you know Canada has its very own crusader for getting kids to eat healthier?

His name is Paul Finkelstein, and his delicious, easy recipes are featured in every issue of Best Health magazine. In our September issue, on newsstands now, we have a feature article by Erin Phelan about this innovative high-school teacher and chef based at Northwestern Secondary School in Stratford, Ont.

So what exactly is Paul doing to improve school nutrition?

As part of his culinary arts program, he has created the student-run — and student-named — Screaming Avocado cafe.

His students create healthy lunch choices that will appeal to kids when they're deciding what to eat for lunch: dishes like Pulled Pork on Homemade Ciabatta, and Seafood & Chicken Paella.

Meals cost just $3 or less, which is healthy competition for the burgers and fries sold at the cafeteria down the hall. "If you give kids a healthy choice, many of them will take it," says Paul.

His model is getting the attention of educators across Canada, including in Souris, PEI, where famed chef Michael Smith is creating a similar culinary arts program in a new school that will house a state-of-the-art kitchen, and a greenhouse.

"Paul proves that nutritional literacy belongs in schools, and when it is, kids thrive" says Smith.

Canada is the only G8 country without a national school meal program. Nearly a quarter of Canadian kids aged two 2 to 17 are overweight or obese, according to Active Healthy Kids Canada. And, says the Canadian branch of the Centre for Science in the Public Interest, "School meal programs help boost rates of attendance and graduation, improve performance, reduce behavioral problems and help form life-long eating patterns that can lead to longer, disability-free lives."

There would also be an economic impact. A Queen's University study found that the combined cost of physical inactivity and obesity is close to $10 billion, or nearly five per cent of total health-care costs.

To read more about Paul Finkelstein's innovative school food program, see our September issue, on newsstands now.

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On the Web

'Not without my iPad': Young tech-savvy docs want a real life, but don't call them slackers

Chicken shows cheesy side

ROSE REISMAN
for more, visit
rosereisman.com

I initially created this recipe for white fish. I then tried the delicious topping over a grain. Now I've found it works well with chicken. For the Chicken with Plum Tomatoes and Three Cheeses, use a variety of cheeses of your choice. But be sure to include some stronger-tasting ones.

This recipe serves six. RYAN SZULC FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

- 1 1/2 lb skinless boneless chicken breasts
- 1 egg
- 2 tbsp low-fat milk
- 3/4 cup seasoned dry bread crumbs
- 2 tsp vegetable oil
- 1 1/3 cups diced plum tomatoes
- 1/2 cup shredded havarti
- 1/4 cup crumbled goat cheese (about 1 oz)
- 2 tbsp grated Parmesan cheese
- 1/4 cup finely chopped black olives
- 1 tsp finely chopped garlic
- 1 tsp dried basil
- 3 tbsp chopped fresh parsley

1. Preheat oven to 425 F. Lightly coat a 9- x 13-inch casserole dish with cooking spray.

2. Working with one at a time, place a chicken breast between 2 sheets of waxed paper and pound to a 2-inch thickness.

3. Beat egg and milk in shallow bowl. Place bread crumbs on a separate plate or shallow dish.

4. Lightly coat skillet with cooking spray add oil and place over medium-high heat. Dip each flattened chicken breast into the egg mix, then coat in bread crumbs. Cook 3 mins. per side or until browned and almost cooked through. Transfer to prepared casserole dish.

5. Combine tomatoes, havarti, goat and Parmesan cheeses, olives, garlic and dried basil in a bowl. Spoon over chicken breasts. Cover and bake 10 minutes or until cheese melts and chicken is done (has reached an internal temperature of 165 F). Garnish with fresh parsley and serve.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Tea-Coffee Smack down

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

What's in your hands right now? Are you sipping North America's morning sweetheart: coffee? Or a nice cup of the tea that most of the rest of the world enjoys?

There are benefits to both, but cutting down the coffee and stepping up the tea may just make you healthier.

Here's how:

Tim Hortons small coffee (100 mg caffeine) vs small tea (60 mg caffeine)

It is recommended that you get no more than 300 mg of caffeine each day. That means you can have five small cups of tea and only three small cups of coffee each day.

Cream for small coffee (40 calories) vs. milk for small tea (15 calories)

Chances are you will drink your tea with milk and not cream.

Switch just one of your cups of coffee with cream to tea with milk for a whole year and save yourself 9,125 calories.

That represents 2.6 pounds per year. You could stand to lose 2.6 pounds this year without any work at all, right?

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Bold cajun flavour. Chicken and Sausage Gumbo

Ingredients

- 1 lb (500 g) boneless skinless chicken thighs
- 1/8 tsp (0.5 ml) pepper
- 1 tsp (5 ml) salt
- 3 tbsp (45 ml) olive oil
- 1 pkg (500 g) New PC Andouille Sausage
- 3 cups (750 ml) diced red pepper
- 2 cups (500 ml) diced onions
- 1-1/2 cups (375 ml) diced celery
- 3 tbsp (45 ml) minced garlic
- 2 tbsp (25 ml) Creole seasoning
- 1 can (796 ml) diced tomatoes
- 3 cups (750 ml) chicken broth
- 1 pouch (283 g) brown rice
- 1/2 cup (125 ml) parsley

1. Preheat oven to 400 F.

2. Sprinkle chicken with pepper and 1/4 tsp (1 ml) of salt. In ovenproof frying pan, heat 1 tbsp (15 ml) of oil over medium-high heat. Add chicken and sausage to pan; cook 8 mins., turning once, or until browned. Transfer pan to centre of oven; bake 15 mins. Remove pan from oven. Set aside to cool.

3. In saucepan, heat remaining 2 tbsp (25 ml) oil over med-high heat; cook pepper, onion and celery 12 mins., stirring. Stir in garlic and Creole seasoning; cook 5 mins. more or until vegetables tender and slightly coloured. Stir in tomatoes and juices and chicken broth. Bring to boil. Reduce heat to simmer. Remove chicken and sausage from frying pan; stir drippings from frying pan into vegetable mixture. Simmer 15 mins.

4. Meanwhile, quarter chicken thighs and slice sausages 1/2-inch (1 cm) thick; set aside. Place rice pouch on paper towel, seam side up. Pouch is self-venting; do not puncture, tear or cut. Microwave 3 mins.

5. Stir chicken, sausage, rice and remaining 3/4 tsp (4 ml) salt into vegetable mix. Simmer 5 mins. Stir in parsley; serve.

NEWS CANADA

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Advice

One gift for the shower, one for the wedding

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hello Charles,
When should we give a wedding gift — wedding shower or the wedding? If there is a wedding shower before and the invitation includes a wedding gift registry, do we give one gift for both and when?
Thank you in advance,
Maria

Hello Maria,

Technically you would give two gifts — one for the wedding shower and one for the wedding, as these are two separate events.

Ideally you would bring a gift to the wedding shower with you, however, I personally have never thought bringing a gift to the wedding is a good idea. I have always believed in either sending the gift ahead of time or, what I personally do, is send the gift afterward.

Did you know you have up to one year to send a wedding gift post the wedding?

Now the final question, how much to spend? *Never* spend more than you can afford. I know many people who get themselves in trouble spending too much money going to weddings all summer. I have spoken to many experts in etiquette and I also want to assure you that you do not need to give the value of your meal. That is complete silliness. If you are on a tight budget, then you give accordingly and if you are in a position to give more and wish to, then so be it. But engaged couples that invite guests expecting to be reimbursed for the cost of their meal is just plane wrong. You invite and pay for what you can afford and you invite because you want these people to join you, not so that you can charge them for the meal.

A wedding shower is a separate event from the wedding. ISTOCK

Author Dana Adam Shapiro. HANDOUT

Valuable lessons from divorcees

Reading. You Can Be Right or You Can Be Married offers a look at some people who've had their marriages fall apart

HEIDI PATALANO
Metro New York

The Dana Adam Shapiro of a few years ago would not have ordered a steak while out on a first date with a vegetarian.

But after spending years interviewing divorcees for his new book You Can Be Right or You Can Be Married (on sale Tuesday), the Shapiro who ordered the juicy slab of meat was a changed man.

"That was a very tangible effect of the book," he admits. "So much of the dating process is theatrical. ... You're sort of auditioning, and when you're doing so you're not really being yourself. ... The inevitability is that your real self is going to come through, so you better do it sooner rather than later."

This is just one of the lessons the author took away in the writing of his book. He interviewed dozens of anonymous divorcees who offered unvarnished accounts of their own heartbreak. From there, he extracted a few near-universal truths that he offers to Metro readers:

1. Cheating happens because of complacency: "(Divorce happens when) people aren't putting that effort in any more," Shapiro observes. "That's probably the worst thing you can do. You really do just have to re-earn it all the time."

2. We often expect problems to solve themselves: "One woman said to me, 'A man marries a woman hoping that she won't change and a woman marries a man hoping he will change and he doesn't,'" Shapiro says. "We bury a lot of the problems in the hopes that they'll just get better."

3. There is such a thing as compromising too much: "I think a lot of people try to be the ideal spouse, but sometimes it's at their own expense," he adds. "You wake up 10 years later thinking, 'I'm not me anymore.'"

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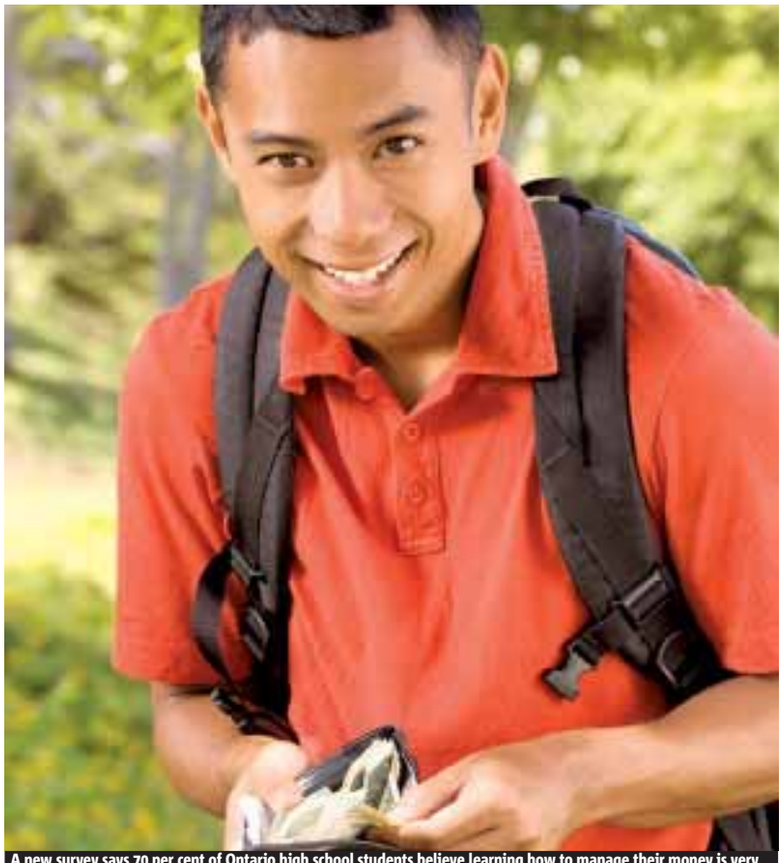

A new survey says 70 per cent of Ontario high school students believe learning how to manage their money is very important. ISTOCK IMAGES

Is the next generation prepared to manage their finances?

Alison's Money Rule.
The cure for a financially sick society is raising money-smart kids

YOUR MONEY
Alison Griffiths
money@metronews.ca

News flash! They care. They really care! I'm talking about teens and money. And no, it's not just about having it and spending it. Teens, as it turns out, are deeply interested in becoming financially literate. Perhaps the high school generation is learning by bad example.

Their parents and grandparents have managed to become the most indebted Canadians ever, owing $153 for every $100 of disposable income. This state of affairs is a leading cause of stress and stress doesn't make for happy families.

According to a new survey released by the non-profit Investor Education Fund (getsmarteraboutmoney.ca), 70 per cent of Ontario high school students believe that learning how to manage money is important or very important. And here's the key statistic, 69 per cent believe that personal finance should be taught in schools, a 12 per cent jump from 2009.

Teaching personal finance as a distinct course of study from elementary through to high school is critical. In fact, I think the future health of Canada depends on it as financial lives become ever more complex.

We're on the verge of transition to an e-pay society, which widens the distance between our money and us, just as credit and debit cards did when introduced in the 1950s and 1970s respectively.

Financial contracts are complicated, investment jargon buffaloes most people and pension options will only get more difficult to understand as corporations and governments retreat from the defined benefit pension plans of the boomer generation.

In other words, as the 21st century matures our teens will have to get it right. But they feel they lack the tools. Only 40 per cent of high school students believe they're prepared to manage their finances after graduation.

And it is deeply concerning that 70 per cent of them aren't saving for post-secondary studies. Parents may not be able to change the curriculum in schools tomorrow but inspirefinanciallearning.ca has some great lesson plans for grade four through 12, which can be adapted at home.

Take your teens in hand financially; they will thank you for it.

In numbers

25%

Only 25% of students say their school provides them with most of the personal finance lessons they need.

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Check Metro every Friday for the top 3 sharers of the week
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Money lessons. Learn good habits

JANE DOUCET
For Metro

Whether you are a student heading to college or university for the first time or beginning your graduating year, you may be overwhelmed by the fees that quickly add up, including those for tuition, books, residence and meal plan (or apartment rent, groceries and utilities) and transportation.

It's important to keep in mind that those costs must come before any cash you want to spend on such miscellaneous fun items as movies, concerts, pub crawls and clothes. The experts say this is an important time for young adults to take responsibility for their spending habits.

"You have to learn to manage your money yourself, even if your parents are helping you financially," says Sandra Daga, a chartered accountant and a professor in the management department of the University of Toronto's Scarborough campus. "It will help you learn to manage your money when you start working after you graduate."

Dollars and sense

"You have to learn to manage your money yourself, even if your parents are helping you financially."

Sandra Daga, a chartered accountant and a professor in the management department of the University of Toronto

Daga offers these tips to help students stretch their savings during the school year:

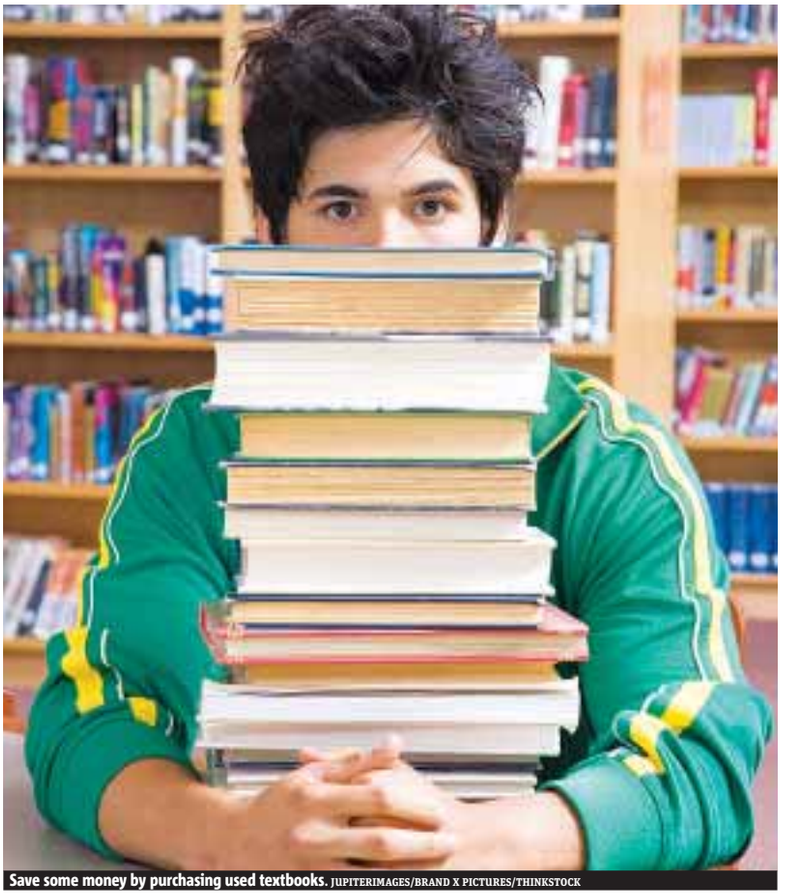
Ditch your wheels. Cars are expensive to maintain. Even if yours is paid for, there is the cost of gas, insurance and repairs. Plus, if you are in an accident, the insurance premiums may rise. "If you can, go car-free," says Daga. "If you live off campus, you can rent an apartment within walking distance or take public transit."

Share an apartment with friends. This is often cheaper per person than living in residence. If you prefer a quieter environment, many homeowners rent small basement apartments or a room in their house to help pay their mortgage. If the house is within walking distance of your school, you will save even more money.

Don't pay for new textbooks. You can buy them used, check them out of libraries, find out if you can rent them from your campus bookstore or visit such online-rental sites as Bigmama.ca.

Look for student discounts. Since you will want to have some fun while you are studying, scout around for student discounts on movies, concerts and museums. If you want to drop by the pub, find out when happy hour is, when drinks will be cheaper.

Create a spending plan. "Set up a plan for how you're going to spend money during the months that you're in school," says Daga. "Then do your best to stick to it so you're not broke at the end of first semester."



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CFL

Waters calm in kicking Argonauts to late victory

Swayze Waters' 33-yard field goal with 26 seconds left earned the Toronto Argonauts a wild 33-30 win over the Tiger-Cats on Monday in the final Labour Day contest at Ivor Wynne Stadium in Hamilton.

Ricky Ray marched the Argos 51 yards on seven plays to the Hamilton 27-yard line with just over two minutes remaining, setting up Waters' game-winning boot, to the dismay of the sun-drenched gathering of 31,032.

THE CANADIAN PRESS

MLB

Cleveland's Kluber downs Detroit for first career win

Asdrubal Cabrera's tie-breaking sacrifice fly in the seventh inning lifted the Cleveland Indians to a 3-2 win over the Detroit Tigers on Monday, giving right-hander Corey Kluber his first career victory.

The game was tied 2-2 in the seventh when reliever Darin Downs (1-1) allowed two singles and a walk to load the bases with one out. Cabrera then lifted a fly to centre off Brayan Villarreal.

Kluber (1-3) allowed two runs and six hits in six innings. He struck out four and walked one.

THE ASSOCIATED PRESS

Corey Kluber GETTY IMAGES

Jays first baseman Edwin Encarnacion applies a tag to Baltimore's Manny Machado on a pickoff from catcher Jeff Mathis in Toronto on Monday.

CARLOS OSORIO/TORSTAR NEWS SERVICE

Jays shut down by Saunders' 3-hitter

MLB. Orioles left-hander outlasts Toronto's Happ to earn shutout victory at Rogers Centre

Monday's game

Orioles	Blue Jays
4	0

Toronto starter J.A. Happ said he tried not to concern himself about what pitching counterpart Joe Saunders was doing on the mound.

That proved impossible, as Saunders put in a dominating performance. He went five innings without allowing a base runner and surrendered just three hits as the Baltimore Orioles blanked the Blue Jays 4-0 Monday in Toronto.

"You try not to think about it but when you're out there you kind of know," Happ said. "You just want to give us the best chance you can but sometimes you try to do a little too much and be a little too fine. But I tried to stay aggressive."

Saunders' perfect game bid ended with two out in the sixth inning when Adeiny Hechavarria singled to centre. By then the Orioles had control of the game.

"You try to keep making pitches, you try not to think about it out there," Saunders said. "I just hung a changeup to the nine-hole hitter."

Saunders (7-11) held the Blue Jays to three hits and two walks in 6 1/3 innings in his second start for the Orioles since they traded right-hander Matt Lindstrom to Arizona for him on Aug. 26.

He lost his first start for the Orioles 8-1 to the Chicago White Sox on Aug. 29, allowing 10 hits and seven runs (six earned).

"Today he settled in a little bit more," Orioles catcher Matt Wieters said. "He was definitely in control the whole game and was able to mix in different off-speed pitches."

Saunders' pitching and two runs batted in by J.J. Hardy gave the Orioles (75-59) their 20th victory in their past 28 games. They are second in the American League East and have moved to within one game of the first-place New York Yankees, who lost 4-3 to Tampa Bay.

The Blue Jays (60-74) are last in the division.

"When I got traded over here they had a great thing going," Saunders said. "You just want to come over here and contribute as much as you can. You don't want to mess it up and get blown up a lot."

Happ (10-11) stayed aggressive enough to strike out nine batters in five-plus innings. He allowed six hits and three runs (two earned) in dropping to 3-2 since joining the Blue Jays from Houston in a July 20 trade.

"Their guy threw the ball real well," Happ said. "I was trying to be pretty selective in the pitches I threw to keep us in the game as best as I could. They chased me out of there quicker than I would have liked." THE CANADIAN PRESS

Serena says 'double bagel' wasn't easy

Serena Williams returns a shot to Andrea Hlavackova during play at the U.S. Open on Monday in New York. JULIO CORTEZ/THE ASSOCIATED PRESS

Serena Williams didn't drop a game in advancing to the quarter-finals of the U.S. Open on Monday.

Williams beat 82nd-ranked Andrea Hlavackova 6-0, 6-0 in 57 minutes. It was the first time in 62 career victories at Flushing Meadows that the three-time U.S. Open champion enjoyed a "double bagel."

"She was fighting really hard," Williams said. "You give people any type of chance, especially in tennis, the match is never over until you shake hands. There is always a comeback available. So I didn't want to give her that opportunity — or anyone that opportunity — to try to come back, especially her in particular."

Hlavackova, a 2011 French Open doubles champion, had never been past the second round in singles at a major tournament before this year.

Williams will next face Ana Ivanovic, who is finally back in a Grand Slam quarter-final more than four years after her French Open title.

The 12th-seeded Serb beat Tsvetana Pironkova 6-0, 6-4. THE CANADIAN PRESS

Fish pulls out vs. Federer

Roger Federer moved on after Mardy Fish pulled out of their fourth-round match Monday for precautionary reasons.

- Fish missed about two months this year with an accelerated heartbeat and had a medical procedure in May. His agent, John Tobias, said "we are not 100 per cent sure what the issue is and if it is related to his previous issues."

4 SPORTS

Mobile sports

With the regular season beginning on Wednesday, NFL officials are still locked out in labour dispute. Using replacement referees for the pre-season resulted in some embarrassing gaffes and the NFL has to be hoping they can continue to learn on the job. Scan the code for the story.

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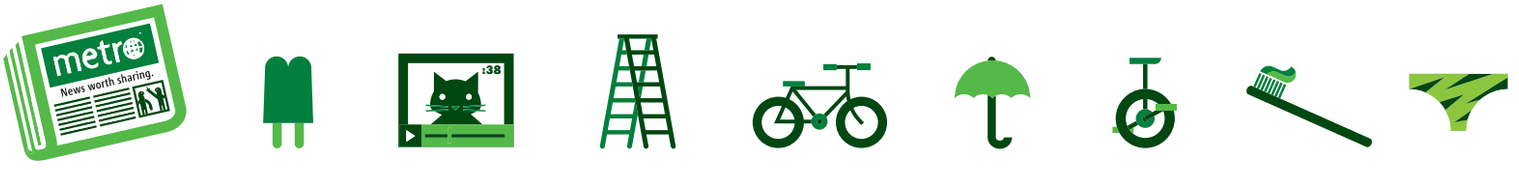

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Horoscopes

♈ Aries
March 21 - April 20
Deal curtly with people who annoy you today. That is not an invitation to be rude but there is no law that says you have to be nice to everyone you meet, especially those who waste your time on trivial matters.

♉ Taurus
April 21 - May 21
You must stay on top of your workload, because if you let things slide you will find it hard to catch up again later on. If you can't do it all yourself then delegate more. Trust others to do a good job.

♊ Gemini
May 22 - June 21
Your efforts, both at home and at work, will pay off eventually but why does it take so long? Actually it doesn't. It's just that being a Gemini you tend to be impatient. Relax — it's all going according to plan.

♋ Cancer
June 22 - July 23
You are taking certain issues too seriously and need to realize that you are not the one to blame for someone else's problems. See to your own needs today. Focus only on what matters to you personally.

♌ Leo
July 24 - Aug. 23
Something will strike you as funny today but if you laugh too loud or too long others might get the impression that you are laughing at them. The best jokes are those during which you can all laugh together.

♍ Virgo
Aug. 24 - Sept. 23
Resist the temptation to get involved with a plan or project you really don't know that much about. Before the day is over you could be out of your depth and swimming in shark-infested waters!

♎ Libra
Sept. 24 - Oct. 23
A disagreement of some kind is likely but it will be over as quickly as it started, so don't take it too seriously. This may even be one of those situations where a bit of strife brings you closer together.

♏ Scorpio
Oct. 24 - Nov. 22
You are expecting far too much of yourself, which is an invitation to disappointment. You have absolutely nothing to prove, to yourself or to other people, so aim a bit lower and enjoy life a bit more.

♐ Sagittarius
Nov. 23 - Dec. 21
Everyone is born with a special talent and everyone has a destiny to fulfill. Once you realize that, you will be less likely to compare yourself to other people. Focus on your life's goal. You know what it is.

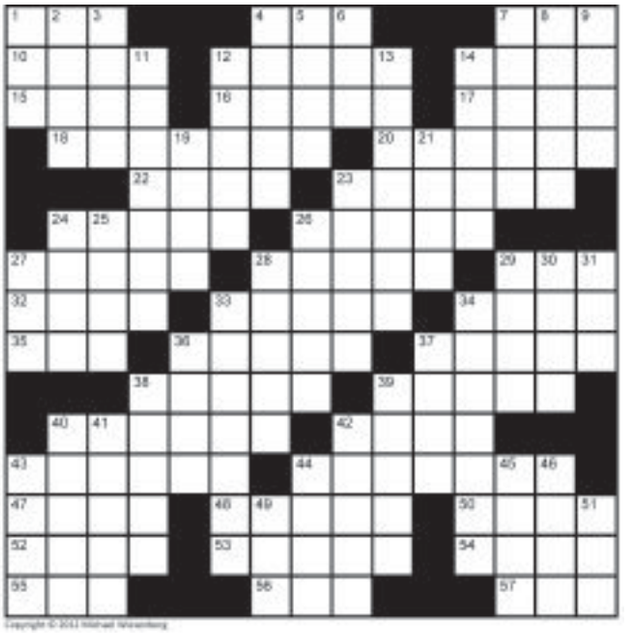
♑ Capricorn
Dec. 22 - Jan. 20
The planets will bring your leadership qualities to the forefront today and you will find that others rely on you to make the right decisions. Don't turn your back on them: They need you and you need them.

♒ Aquarius
Jan. 21 - Feb. 19
There are no barriers. There are no limits. Your life will always be what you want it to be. If you desire something enough, you will find a way to get it. It may take a little time but nothing is impossible.

♓ Pisces
Feb. 20 - March 20
At some stage today you will realize that most of the things you have been fearful about are not worth the time and the energy. Once you get over them, the sense of freedom you feel will be life changing.
SALLY BROMPTON

Crossword: Bits and Pieces

BY MICHAEL WIESENBERG



Across
1. Place to drink
4. ___ Beta Kappa
7. Ocean
10. Operatic solo
12. Insurance adjuster's investigation
14. Big moisturizing products name
15. Red ___: Alberta's third-most-populous city
16. Sound on a tuner
17. Bouquet holder
18. Canada's fourth-largest province
20. Beirut-born Canadian star of *The Matrix* series Keanu
22. Another word for margarine
23. Core groups of trained personnel
24. Elliott of *Ocean's 11, 12, 13*
26. Geometric functions
27. Mike ___: Scarborough, Ontario-born *Saturday Night Live* alumnus
28. Papal language
29. Many a CEO's deg.
32. Center of the eye
33. Stories
34. Ancient France
35. "You've Got Mail!" ISP
36. Tiny bits, from a Greek letter
37. Consume noisily, as soup
38. "No Right Turn ___" (2 wds.)
39. Windsor, Ontario-born singer Shania
40. Bay surrounded by Nunavut, Manitoba, Ontario, Québec
42. Bric-a-___: knickknacks
43. Largest monkey
44. Fries, cheese, and gravy dish
47. Not worth ___ (2 wds.)
48. 1,000 kg
50. "Electric" fishes
52. Have a primary role
53. How the hair of frightened comic book characters stands (2 wds.)
54. Valentine gift
55. Fri. follower
56. Wed. preceder
57. ___ Brunswick

Down
1. Evil
2. Specialty (in education, say)
3. A founder of Manitoba, and a political and spiritual leader of the Métis people
4. A dwarf planet, now
5. "Humpty Dumpty ___ great fall" (2 wds.)
6. 3 on a sundial
7. NWT's Great ___ Lake
8. Lets up
9. Affirmative votes
11. Leafy shelters
12. Gave a hoot
13. Toronto-born Rick of *Honey, I Shrunk the Kids*
14. Surpluses
19. House wings
21. Utopia
23. Gives a ticket
24. Greek deli specialty
25. Trompe l'___: fool-the-eye art
26. Greens
27. ___ Farrow: Woody Allen's ex
28. Grow dark
29. A Hawaiian island
30. Be in the sun too long
31. Jungfrau or Matterhorn, e.g.
33. Home of the Argonauts
34. Yukon mountain sight
36. Not ___ many words (2 wds.)
37. Attack mosquitoes
38. Smell
39. Brought into alignment
40. "___ la vista, baby!": Schwarzenegger
41. German sub
42. "___ nuit": "Good night"
43. Low voice
44. Tire: Fr.
45. ___ sign: advertising medium
46. Other
49. Québec neighbour: abbr.
51. Use needle and thread

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

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Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

7				1		3	9	
	4		6	8		7		
					5			
	7	9				2		5
1								6
6		2				4	1	
			1					
		7		9	4		8	
	1	8		3				4

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